



Parent Education Classes

You may begin registering for the following classes when you are 28 weeks pregnant. Classes are offered monthly from 1800-2000

Infant Health and Safety:

Medical emergencies and child proofing your home.

Third Trimester:

instructor discusses later concerns about pregnancy, preparing for delivery.

Healthy Newborns and moms:

Instructor discusses common characteristics of newborns and what to expect as a new mom.

Breastfeeding:

Getting started the first week; Returning to work or school.

Breastfeeding Support Group:

Prepared Childbirth (Lamaze)

Class held 1st 2nd or 3rd Tuesday and Wednesday of every month from 1800-2000. You must attend consecutive nights. Please bring a pillow, blanket, water/snacks, and a coach. Contact 524-4382 to sign up.

Preterm Labor Class:

Learn important signs to look for to prevent preterm labor. Must be at least 20 weeks Pregnant to sign up.

Big Brothers-Big Sisters (age 4 and older):

Classes are held one Saturday per month. Contact 526-7485 to sign up

Class held 2nd Thursday of every month. Contact 526-2939 to sign up

Class location:

Class held 3rd Thursday of every month. Contact 524-4382 to sign up.

class location: Cochrane Hall, 2nd floor EACH

Class held 4th Thursday of every month. Contact 524-4382 to sign up

class location: Cochrane Hall, 2nd floor EACH

Class held 1st Thursday of every month located at PAHC at 1800. Contact 524-7613 to sign up. 1st and 3rd Saturday of every month at 1400 at Evans. Contact 524-4382 to sign up

Group meetings held every Wednesday at 1400 at either PAHC or EACH

Class held every other month by appointment
Call 526-7591

***In case of bad weather, verify scheduled classes at 524-4382**